

Is your Relationship Based on Power and Control?

Physical and sexual assaults, or threats to commit them, are the apparent forms of domestic violence and are usually the actions that allows others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, assaults may occur only once or occasionally, they instill the threat of future violent attacks and allows the abuser to take control of the women's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

